

Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do?
- How well is it getting it done?

LastPrice DailyVolu ATR 2 min (

Elephant Stomps/TINYS

06:30:22 AM

17.8 :1 NYSE -8.65 :1 NASD

1667.50 301,667 0.788

Locals sold paper bought open

06:35 Ben: DEC S&P opening range 1670-1667.50

ES OPEN Range 1674 – 1766.75

07:00:29 AM -5.77 :1 NYSE -6.26 :1 NASD 1671.75 505,161 1.1

08:00:43 AM 2.85 :1 NYSE -1.88 :1 NASD 1676.50 768,866 1.07

09:00:28 AM 2.49 :1 NYSE -1.48 :1 NASD 1678.25 985,467 0.946

10:01:27 AM 2.63 :1 NYSE -1.6 :1 NASD 1677.00 1,134,49 0.779

11:00:46 AM 2.63 :1 NYSE -1.71 :1 NASD 1676.25 1,371,04 1.09

12:00:19 PM 2.2 :1 NYSE -1.57 :1 NASD 1676.75 1,516,17 1.09

01:00:38 PM 2.51 :1 NYSE -1.55 :1 NASD 1675.75 2,026,84 1.44

Paper buys large on CC.

01:15:27 PM 2.47 :1 NYSE -1.55 :1 NASD 1678.00 2,135,70 1.4

LOCALS Sell to paper on PC

13:20 Ben: SP500 pit session closed pit HOD 1680.90 LOD 1667 settle 1674.30

ES Opening	1674.00	DELTA
15 MIN Range = Hi		
Lo	1666.75	7.25
VAL High -	1685.50	
POC -	1685.00	
VAL Low -	1682.50	3.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	301	
10	505	204
11	768	263
12	985	217
1	1134	149
2	1371	237
3	1516	145
Cash CLOSE	2026	510
PIT CLOSE	2135	109

ES 12-13		
Ask	1678.00	292
Bid	1678.00	315
Volume	2135708	
1:09:02 PM	1678.50	500
1:05:55 PM	1677.00	660
1:02:51 PM	1676.75	550
1:00:22 PM	1676.50	500
12:59:59 PM	1675.25	744
12:55:55 PM	1672.75	586
12:49:45 PM	1672.25	629
12:48:02 PM	1672.75	844
12:42:55 PM	1672.25	576
12:42:05 PM	1671.75	832
12:42:01 PM	1671.75	624
12:40:43 PM	1671.75	593
12:39:55 PM	1672.50	603
12:38:44 PM	1673.75	575
12:38:07 PM	1673.25	580
12:36:15 PM	1672.50	600
12:34:58 PM	1672.50	578
12:31:28 PM	1673.00	576
12:30:04 PM	1674.25	935
12:27:57 PM	1674.25	628
10:41:25 AM	1679.25	600
10:40:32 AM	1678.50	602
10:16:19 AM	1677.25	500
9:17:09 AM	1675.50	500
9:08:33 AM	1676.50	1243
8:14:43 AM	1675.00	500
7:20:30 AM	1675.25	500
7:07:24 AM	1672.75	500
6:32:02 AM	1668.75	980

SP_Pit Opening Range =	1670.00	DELTA
Sp Pit	1667.50	2.50
SP_Pit Day High -	1680.90	
Day Low -	1667.50	13.40
Settle -	1674.30	
Net Change -	-12.10	

What I did well today: - Bed on time.

- Did not overtrade.
- Came close to limit up for day.

What could I have done better:

- Still felt need to trade SIM/ Need to trade live.
- Some bad habits as lax on placing stops at times, need to place stops IMMEDIATELY.

What will I do tomorrow to make things better: - Be sure to get full nights sleep.

- Check calendar before market open – Trade LIVE TOMORROW.

Trade-#	Instrument	Account	Market pos.	Quan	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Com*	MAE	MFE	ETD
1	ES 12-13	Sim101	Long	1	1671.25	1671.5	9/30/2013 6:34 AM	9/30/2013 6:46 AM	8.48	8.48	4.02	50	125	116.52
2	ES 12-13	Sim101	Long	1	1670.75	1671.5	9/30/2013 6:36 AM	9/30/2013 6:46 AM	33.48	41.96	4.02	37.5	162.5	129.02
3	ES 12-13	Sim101	Long	1	1672.75	1675	9/30/2013 7:03 AM	9/30/2013 7:23 AM	108.48	150.44	4.02	50	125	16.52
4	ES 12-13	Sim101	Long	1	1677.25	1677.5	9/30/2013 8:03 AM	9/30/2013 9:47 AM	8.48	158.92	4.02	150	175	166.52
5	ES 12-13	Sim101	Long	1	1677	1679.5	9/30/2013 8:04 AM	9/30/2013 10:17 AM	120.98	279.9	4.02	137.5	200	79.02
6	ES 12-13	Sim101	Long	1	1676.25	1679.5	9/30/2013 8:09 AM	9/30/2013 10:17 AM	158.48	438.38	4.02	100	162.5	4.02
7	ES 12-13	Sim101	Long	1	1675	1679.5	9/30/2013 8:22 AM	9/30/2013 10:17 AM	220.98	659.36	4.02	25	225	4.02
8	ES 12-13	Sim101	Long	1	1675.25	1677	9/30/2013 9:18 AM	9/30/2013 10:55 AM	83.48	742.84	4.02	25	200	116.52

